



Relationship Between Bowling Skill and Speed Motor Ability of Cricketers in Kerala

K. Bipin Sankar¹ and Dr. A. M. Najeeb²

¹Ph.D. Research Scholar Department of Physical Education, Bharathiar University, Coimbatore – 46 Tamil Nadu, India.

²Professor and Head Department of Physical Education, N.I.T University, Calicut, India.

ABSTRACT

The Purpose of the study is to find out the relationship between bowling skill and strength motor ability of cricketers in Kerala. 150 state level cricket players were participated as the samples for the study. Different variables namely Batting skills and strength motor ability were measured of the samples. Standard procedure was followed to measure the bowling skills and strength motor ability variables. Karl-Pearson's co-efficient of correlation technique was used to find out the relationship between anthropometric, physical and physiological measurement and playing performance. Very few anthropometric measurements found significant with skill performance. The implications of results are discussed.

Keywords: bowling skills and speed motor ability and cricket players

Introduction

Bowling skills in cricket are a crucial aspect of the game, where bowlers use their expertise to deliver the ball with precision, pace, and movement to trouble the batsmen and take wickets. There are various types of bowling styles, including fast bowling, swing bowling, spin bowling, and variations within these categories. Fast bowlers rely on sheer pace to intimidate the batsmen, while swing bowlers use the seam and airflow to make the ball move in the air, either inwards (inswing) or away from the batsman (outswing). Spin bowlers, on the other hand, impart spin on the ball to deceive the batsmen with turn and bounce. Good bowling skills require a high level of technical proficiency and understanding of the conditions. Bowlers must have a smooth and repeatable bowling action to reduce the risk of injury and maintain consistency. They need to master the art of seam and swing movement, which involves cleverly positioning the shiny and rough sides of the cricket ball to control its direction in the air. Spin bowlers focus on developing a wide range of deliveries, such as leg-spin, off-spin, googly, and doosra, to create uncertainty for the batsmen. Additionally, bowlers must possess mental strength and tactical awareness. They need to analyze the batsmen's weaknesses, adapt their bowling strategies accordingly, and set clever field placements to build pressure. Bowling in cricket can be physically demanding, especially for fast bowlers, so maintaining good fitness and stamina is vital. Bowling skills play a significant role in the outcome of cricket matches. Skillful bowlers can dismantle even the best batting line-ups, while economical bowlers can control the run rate and build pressure on the batting side. The best bowlers in cricket's history are revered for their ability to consistently take wickets and turn matches in their team's favor. Bowling, along with batting and fielding, forms the core elements of cricket and adds to the excitement, complexity, and unpredictability of the sport.

Speed motor ability, also known as speed, is a fundamental component of physical fitness that refers to the ability of an individual to perform movements swiftly and with agility. It plays a crucial role in various sports and activities, where quick bursts of movement can make a significant difference in performance outcomes. Speed is determined by factors such as muscle strength, neuromuscular coordination, and the efficiency of energy systems. In sports, speed is often the differentiating factor between success and failure. Athletes rely on speed to outrun opponents, chase down balls, accelerate rapidly, and change direction quickly. Sprinters in track and field, football players breaking away for a touchdown, and tennis players reaching the ball in time are all prime examples of the importance of speed in sports. Speed motor ability can be developed and improved through specific training methods. Sprint training, agility drills, and plyometric exercises are common approaches to enhance speed and quickness. Proper running mechanics and body posture are emphasized to maximize stride length and frequency. Beyond sports, speed motor ability is beneficial in everyday life. It enables individuals to react swiftly to unexpected situations, avoid potential hazards, and perform tasks efficiently. Moreover, improved speed can boost overall physical fitness and contribute to better cardiovascular health. In speed motor ability is a critical element of physical fitness that influences athletic performance and everyday activities. Through targeted training and practice, individuals can enhance their speed, thereby gaining a competitive edge in sports and achieving greater agility and responsiveness in daily life. **Cricket**

Cricket is a popular and widely followed sport played between two teams, each consisting of 11 players. It is predominantly played in countries like England, Australia, India, Pakistan, South Africa, and the West Indies, among others. The game is contested on a circular or oval-shaped field known as the cricket ground, with a rectangular pitch at its center. The objective of the game is for the batting team to score runs while the bowling and fielding

team attempts to dismiss the batsmen and limit their scoring opportunities. A typical cricket match consists of two innings, with each team having a chance to bat and bowl. The team that wins the toss decides whether to bat or bowl first. The batting team sends out two batsmen at a time to face the bowlers, who deliver the ball from the opposite end of the pitch. The batsmen try to score runs by hitting the ball with a wooden cricket bat and running between the wickets. They can also score runs by hitting the ball to the boundary, earning four runs for it touching the boundary ropes and six runs if the ball clears the boundary without touching the ground. The bowling team's objective is to dismiss the batsmen through various means, such as getting them out bowled, caught, leg-before-wicket (LBW), stumped, or run-out. Once ten batsmen are dismissed, the team's inning ends, and the teams switch roles. The team with the most runs at the end of both innings wins the match. Cricket offers different formats, including Test cricket, One-Day Internationals (ODIs), and Twenty20 (T20) matches, each with varying game lengths and rules. Test cricket is the longest format and is played over five days, while ODIs and T20s have limited overs, offering faster-paced games. Cricket's rich history, strategic intricacies, and passionate fan base have made it one of the most celebrated and followed sports globally. International cricket tournaments, such as the ICC Cricket World Cup and ICC T20 World Cup, draw immense viewership and create moments of great excitement and anticipation among cricket enthusiasts worldwide.

Objective of the Study

To find relationship between selected relationship between bowling skill and speed motor ability of cricketers in Kerala.

Methodology

For the purpose of study 150 cricket players from various districts of Kerala served as the sample for the study. All samples age category was between 18 to 21. Standard procedure was followed to measure the between bowling skill and speed motor ability. To find out the relationship between bowling skill and speed motor ability Karl- Pearson's Co-efficient of correlation statistical technique was used.

Table 1: Independent variable Standard deviation Pearson's co-efficient of correlation

Independent variable	Mean	Standard deviation	Pearson's co-efficient of correlation	Sig
Bowling skills	176.31	7.59	-0.151	0.070
speed motor ability	60.60	4.51	-0.119	0.060

Results

In the following table we can observe the mean and standard deviation of bowling skill and speed motor ability variables and "r" value with significance level in relation to playing ability.

From the above table we can observe that in selected bowling skill and speed motor ability. Amongst 2 variables only three variables namely bowling skill and speed motor ability were found significantly correlated with cricket players.

Discussion

As we found that bowling skill and speed motor ability are the two variables which are significantly correlated with cricket players. For the cricket bowling skill and speed motor ability. So that might influenced on the result. Apart from these two variables no other variables are not correlated at the significant level with playing ability because in this study we are having players playing the same tourney of kerala with having same potentials. So that might also influences on results.

Conclusion

In this study bowling skill and speed motor ability were found significantly correlated with playing ability of the cricket players. Other than these variables other variables relationship with players playing ability was not at the significant level.

Recommendations

With the help of results derived from the present study. The following Recommendation can be made.

- 1) The present study results can be very much useful for physical educators, coaches and trainers for screening and selecting potential cricket players at university level.
- 2) Further the result of the study can help experts to frame different methods of training by emphasizing the development of factors which are significantly related to handball performance at different levels.

- 3) It is recommended that the present study is limited to anthropometric, physical and physiological variables, further it can be extended to motor fitness variables and psychological variable.
- 4) It is recommended that the present study may be repeated by selecting subjects belonging to different age groups
- 5) This study is only limited to male handball player, further it can be extending to female handball players also.

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